

AMENDMENTS TO THE CLAIMS:

The listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

Claim 1. (Canceled)

Claim 2. (Canceled)

Claim 3. (Canceled)

Claim 4. (Canceled)

Claim 5. (Canceled)

Claim 6. (Canceled)

Claim 7. (Canceled)

Claim 8. (Canceled)

Claim 9. (Canceled)

Claim 10. (Canceled)

Claim 11. (Canceled)

Claim 12. (Canceled)

Claim 13. (Canceled)

Claim 14. (Canceled)

Claim 15. (Amended) A method for checking a proper initial batting position of a batter comprising [the steps of]:

providing a baseball swing training device having an adjustable, elongated, elastic tensioning member having a predetermined length and connected between a first adjustable attachment member and a second adjustable member;

attaching said first attachment member to the batter's lead arm just above the elbow and abutting the respective elbow pit;

attaching said second attachment member to the batter's trailing forearm just above and abutting the wrist;

bringing both hands together in a baseball bat grip;

bringing the hands of the batter in close to the chest;

moving the hands and bat along the chest in a rearward motion to enter into an initial swing position; and

viewing said tensioning member to determine if a proper initial batting position is indicated by said tensioning member assuming a substantially parallel relationship with the batter's lead forearm.

Claim 16. (Amended) The method as claimed in claim 15 further comprising [the step of]:

aligning [the second] both sets of knuckles of the batter's hands in a substantially linear arrangement with one another prior to viewing said tensioning member.

Claim 17. (Amended) A method as claimed in claim 15 further comprising [the step of]:

adjusting the alignment of [the second] both sets of knuckles while viewing said tensioning member until said tensioning member is properly aligned in a substantially parallel relationship with the batter's lead forearm.

Claim 18. (Amended) A method for improving the initial swing motion of a batter comprising [the steps of]:

providing a baseball swing training device having an adjustable, elongated, elastic tensioning member having a predetermined length and connected between a first adjustable attachment member and a second adjustable member;

providing a baseball bat;

attaching said first attachment member to the batter's lead arm just above the elbow and abutting the respective elbow pit;

attaching said second attachment member to the batter's trailing forearm just above and abutting the wrist;

gripping said baseball bat in both hands and aligning the batter's second set of knuckles in a substantially linear arrangement;

bringing the hands of the batter in close to the chest keeping the bat in a substantially vertical position;

moving the hands and bat along the chest in a rearward motion to enter into an initial swing position thereby stretching said tensioning member into an elongated configuration to induce tension between the batter's arms; and

moving the hands forwardly in a linear motion along the batter's chest while reducing the distance between the batter's arms to relieve the tension in said tensioning member.

Claim 19. (Amended) A method for improving the contact motion for a baseball swing comprising [the steps of]:

providing a baseball swing training device having an adjustable, elongated, elastic tensioning member having a predetermined length and connected between a first adjustable attachment member and a second adjustable member;

providing a baseball bat;

attaching said first attachment member to the batter's lead arm just above the elbow and abutting the respective elbow pit;

attaching said second attachment member to the batter's trailing forearm just above and abutting the wrist;

gripping said baseball bat in both hands and aligning the batter's second set of knuckles in a substantially linear arrangement;

bringing the hands of the batter in close to the chest keeping the bat in a substantially vertical position;

moving the hands and bat along the chest in a linear rearward motion to enter into an initial swing position and stretching said tensioning member into an elongated configuration to induce tension between the batter's arms by slightly outwardly flaring the trailing elbow;

initially driving the hands across the chest in a substantially linear direction;
slightly closing the distance between the forearm and the trailing arm to relieve the tension in said tensioning member as the swing progresses;
expanding the distance between the forearm and the trailing arm to induce a second tension in said tensioning member; and
extending said arms while sensing the second tension to begin a radially inward top hand wrist rotation with the respective palm facing upwardly to transition the linear bat movement to an arcing movement just prior to an anticipated contact point.

Claim 20. (Canceled)

Claim 21. (New) A method of using a baseball swing training apparatus including an elastic tensioning member connected to first and second attachment members, said method comprising:

attaching one of said attachment members about the wrist of a batter;

attaching the other of said attachment members about the opposing arm of the batter above the elbow;

grasping a bat with both hands;

moving the batter's hands rearwardly into a loaded position with said elastic tensioning member in an elongated state;

aligning the knuckles of both hands to align said tensioning member in a substantially parallel position to the batter's lead forearm;

swinging said bat in an initial linear motion across the chest of the batter; and
following through with said swing by extending the arms fully away from the
batter's chest and slackening said tensioning member.